

SELF LOVE

SCHOOL SOPHOMORE

WEEK 2 WORKBOOK

Think about your dream desires. What negative beliefs come up? Become aware of what fears + doubts come up that say you can't have/be or do it , these are your limiting beliefs.

Write them all down. If there wasn't a fear or a block you'd be doing the thing and not dreaming about it. (said with love)

What were you taught about money? Or what did you learn about it?

Just be fully honest with yourself and do not judge yourself or the beliefs no matter how silly or painful they are.

What could you believe instead? Is there one person on the planet who has your circumstances but overcame it? If you can say yes then something else is possible for you. Is there a way to see this differently?

HO'OPONOPONO- the Hawaiian practice of reconciliation

“I forgive you. I’m sorry.
Thank you. I love you.”

Take the list of things and people to forgive and say this for each one. Say it a few times until some of the charge feels gone or until it feels forgiven.